Sound Plan Worksheet

1. Write down one bothersome tinnitus situation _____

2. Check one or more of the three ways to use sound to manage the situation Soothing sound Sophrees Babling brook TINNITUS Relating music Rulating water Ocean waves	3. Write down the sounds that you will try	4. Write down the devices you will use	5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?	6. Comments When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.
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